



Review Article

AYURVEDIC MANAGEMENT OF *MUKHA DUSHIKA*

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ABSTRACT

Mukha dushika or *Youvana Pidaka* mentioned under *Kshudra Roga* can be correlated to acne vulgaris in contemporary science. *Mukha dushika* defines as that which disfigures the face along with discoloration. As it is one of the major cosmetic problems which youth are facing, an attempt is made to cover all the treatment modalities mentioned in classics. References from various classical text books like Ashtanga Hrudayam, Ashtanga Sangraha, Susruta samhita, Basvarajeeyam, Chakradatta, Bhavaprakasha, Yogaratnakara, Gadanigraha etc., are thoroughly reviewed and incorporated in this article. As *Rasoushadhis* are fast acting with very minimal dose, considering these various books like Rasatarangini, Rasamritam, *Rasendra Sara Sangraha* were also referred. *Vamana*, *Siravyadha*, *Nasya*, *Abhyanjana* are the *Shodhana* line of management. *Lepas* are the most common treatment modalities mentioned all classical text books. *Rasaoushadhis* also plays an important role in the management of *Mukha dushika*. Drugs like *Manasila*, *Gorochana*, *Shilajatu*, *Sudha Parpati*, *Shankha Bhasma* were noticed in the management of *Mukha dushika*. Apart from classical references some list of patent medicines is also helpful.

INTRODUCTION

Face is the index of mind and beauty. Cosmetic health condition that worries youth is acne, which causes both physical and psychological scar having negative impact on social lives and self-esteem. Acne in Ayurveda is termed as *Mukha dushika*, it defined as the painful eruptions resembles similar to the thorns of Shalmali filled with *Meda*, having their site on the face of adults are known as *Mukha dushika*.^[1] As it is more prominent in *Yuvavasta* it is also known as *Youvana Pidaka* or *Tarunya pidaka*. All these features resemble with that of Acne Vulgaris. Acne is a disorder of the pilosebaceous units which predominantly affects the pre- pubertal population and clinically manifest as comedones, papules, pustules, nodules, cyst and heals with scars.

Mukha dushika is classified under *Kshudra Roga*. The term *Kshudra* means small, minor, or negligible. *Roga* means disease. *Kshudra Rogas* are the diseases of minor origin with less importance.

Hence, all those diseases which manifest with few causative factors, with a minimal signs and symptoms and which subsides with little medicines and treatments can be called as *Kshudra roga*.^[1] Therefore, the exact description of *Nidana Panchakas* (*Nidana*, *Purvaroopo*, *Rupa*, *Upashaya*, *Samprapti*) are not available in classics. Hence, the management of *Mukha dushika* is done mainly with *Kupita doshas*. *Ashtanga Sangraha* and *Ashtanga Hrudayakara* mentioned *Kapha* and *Vata* as the major *Doshas* involved. In other classics like *Yoga Ratnakara*, *Bhava Prakasha*, *Madava Nidana* etc involvement of *Kapha*, *Vata*, and *Rakta* is mentioned.

Various classics like *Susruta Samhita*,^[2] *Ashtanga Sangraha*,^[3] *Ashtanga Hrudayam*,^[4] *Chakradatta*,^[5] *Bhavaprakasha*,^[6] *Yogaratnakara*,^[7] *Gada Nigraha*,^[8] *Vangasena Samhita*,^[9] *Basava Rajeeyam*,^[10] *Bhaishajya Ratnavali* ^[11] etc are consulted for the management and formulations used in *Mukha dushika*. For proprietary Ayurvedic preparations Ayurvedline^[12] indexing text is also consulted. *Rasoushadis* and are also incorporated in this article.

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Management of Mukha Dushika as per Classical Ayurvedic Texts

Susruta Samhita

1. *Vamana*
2. *Lepa* prepared from *Vacha*, *Lodhra*, *Saindava*, *Sarshapa*, *Danyaka*.
3. *Lepa* with *Vacha*, *Lodra*, *Kushta* and *Danyaka*.

Ashtanga Sangraha

1. Warm paste of *Lodhra* and *Tuvarika*
2. Tender leaves of *Vata* and *Narikela Shukti*
3. *Saindava*, *Vaca*, *Akshibeshaja* and *Siddhartaka*
4. *Vamana*
5. *Sira Vyadha* on forehead

Ashtanga Hrudayam

1. Paste of *Rodhra* (*Lodhra*), *Kustumburu* (*Dhanyaka*) and *Vacha*
2. Tender leaves of *Vata* and *Narikela shukti*- *Lepa*
3. *Vamana*
4. *Nasya*
5. *Sira vyadha* on forehead
6. *Lepa* prepared with the combination of *Yava pishti*, *Sarjarasa*, *Lodhra*, *Usheera*, *Raktachandana*, *Madhu*, *Ghrita*, and *Guda*. Which are taken in equal quantity in a vessel and 4 parts of *Gomutra* is to be added and *Paka* is done, until it attains semisolid state. Later has to be taken out from the *Agni* and cooled.

Chakradatta

1. *Siravyada* (venesection)
2. *Pralepa*
3. *Abhyanga*
4. *Vamana*
5. *Lodhradi Lepa*: *Lodhra*, *Dhanyaka*, *Vacha*
6. *Gorochanadi Lepam*: *Maricha* with *Gorochana*
7. *Siddhartakadi Lepa*: *Sarshapa*, *Vacha*, *Lodhra*, *Saindava Lavana*
8. *Arjuna Twak* and *Manjishta* paste with honey cures scars
9. *Matulunga mula*, *Manashila*, *Goshakrit Rasa* (cow dung juice) with *Grita*
10. *Haridradi Taila*
11. *Kumkumadi taila*

Bhavaprakasha

1. *Gorochana* with *Maricha* or *Sarshapa*, *Vaca*, *Lodhra*, *Saindava lavana*
2. *Lodhra*, *Dhanyaka*, *Vacha* with water
3. *Vamana* with *Maricha* or *Sarshapa*, *Vaca*, *Lodhra*, *Saindava Lavana*
4. *Shalmali* trunk spines with milk

Yogaratanakara

1. *Siravyadha*
2. *Pralepa*

3. *Abhyanjana*

4. Paste of *Jatiphala*, *Rakta chandana*, *Maricha* application
5. Paste of *Lodhra*, *Vacha*, *Dhanyaka*
6. Paste of *Gorochana* and *Maricha*
7. *Saindava*, *Vaca*, *Akshibeshaja* and *Siddhartaka*
8. Paste of *Arjuna twak* with milk
9. *Kumkumadi taila*
10. *Manjishtadi tailam*

Gada Nigraha

1. Paste of *Lodhra*, *Vacha*, *Dhanyaka*
2. Paste of *Sarshapa*, *Vacha*, *Lodhra*, *Saindava Lavana*
3. *Vamana*
4. Ghee prepared with *Matulunga Jata*, *Shilajatu*, *Go Shakrit Rasa Lepa*
5. *Haridradi Tailam*

Vangasena Samhita

1. *Siravyadha*
2. *Lepa*
3. *Abhyanjana*
4. *Vamana*
5. Paste of *Lodhra*, *Vacha*, *Dhanyaka*
6. Paste of *Sarshapa*, *Vacha*, *Lodhra*, *Saindava Lavana*
7. *Pratimarsha nasya* with *Tilatailam*
8. Ghee prepared with *Matulunga Jata*, *Shilajatu*, *Go Shakrit Rasa Lepa*
9. Paste of *Vata*, *Malati*, *Rakta Chandana*, *Kushta*, *Kaliyaka*, *Lodra*
10. *Yava*, *Sarjarasa*, *Lodra*, *Ushira*, *Chandana*, honey, *Grita*, jaggery, *Gomutra* cooked in slow fire. Application of this paste cures *Mukha dushika*
11. *Haridradi Tailam*
12. *Manjishtadi Tailam*
13. *Kumkumadi Tailam*

Basava rajeeyam

1. *Manjishtadi Tailam* for *Vyanga* hyper pigmentation, after 7 days shines like moon.
2. *Vatankura* and *Masura* taken in equal quantity cures hyper pigmentation.
3. *Manjishta* with honey
4. *Vatapatradi Lepa*: Leaves of *Vata*, *Malati*, *Rakta chandana*, *Kushta*, *Kaleeyaka*, *Lodhra* paste with water.

Bhaishajya Ratnavali

1. *Siravyadha*
2. *Pralepa*
3. *Abyanjana*
4. Paste of *Lodhra*, *Vacha*, *Dhanyaka*
5. Paste of *Gorochana* and *Maricha*
6. Ghee prepared with *Matulunga Jata*, *Shilajatu*, *Go Shakrit Rasa Lepa*

Table 1: Summary of treatment procedures as per various texts

Classics	Proposed Line of Treatment
Sushruta Samhita	<i>Vamana, Lepana</i>
Kalyanakaraka	<i>Pralepa, Nasya</i>
Ashtanga Sangraha	<i>Pradeha, Vamana, Siravyadha</i>
Ashtanga Hridaya	<i>Pralepa, Vamana, Nasya, Siravyadha</i>
Chakradatta	<i>Vamana, Lepana, Siravyadha, Abhyanjana</i>
Bhavaprakasha	<i>Vamana, Pralepa</i>
Vangasena Samhita	<i>Siravyadha, Pralepa, Abhyanjana, Vamana, Pratimarsha Nasya</i>
Bhaishajya Ratnavali	<i>Siravyadha, Pralepa, Abhyanjana, Vamana</i>
Yogaratanakara	<i>Siravyadha, Pralepa, Abhyanjana</i>
Gada nigraha	<i>Vamana</i>

Table 2: Rasaoushadi in Mukha Dushika

Classical texts	Formulations
Rasamritam ^[13]	<i>Sudha Parpati</i>
Rasatarangini ^[14]	<i>Shankha Bhasma</i>
Vangasena Samhita	Ghee prepared with <i>Matulunga Jata, Shilajatu, Go Shakrit Rasa Lepa</i>
Chakradutta	<i>Matulunga Mula, Manashila, Goshakrit Rasa (cow dung juice) with Grita</i>
Rasendra Sara Sangraha	<i>Parada Bhasma Prayoga</i>

Table 3: Proprietary Medicines in the management of Mukha dushika

S.No	Name of medicine	Ingredients
1	<i>Mugdha Rasa</i> ^[15]	<i>Shankha Bhasma, Manjishta, Sariva, Nimba, Haridra</i> in the ratio 1:4:4:2:2
2	<i>Sookshma triphala</i>	<i>Triphala</i> and minerals
3	Thiostatin ^[16]	<i>Triphala, Guggulu, Katuki</i> and minerals
4	<i>Sundar vati</i> ^[17]	<i>Triphala, Kutaja, Shunti</i> etc.
5	Acne care capsule ^[18]	<i>Shankha Bhasma, Manjishta, Gandhaka</i> etc.
6	Acne joy acne care capsule ^[19]	Pantothenic acid, kiwi seed extract
7	Activist acne care capsule ^[20]	<i>Chirata, rose, Rasna, Nimba, Chandana</i>
8	Acnil capsule ^[21]	<i>Manjishta, Gudoochi, Amla, rose</i> etc.
9	Dermpure capsule ^[22]	<i>Gandhaka Rasayana, Arogya vardini vati, Nimbadi churna</i>
10	Tulsi Anti acne serum ^[23]	<i>Nimba, Yashti madhu, Tulsi</i> etc
11	Purodil gel ^[24]	<i>Clove, Sariva, Yashtimadu, Nimba</i> etc
12	Clarina anti acne cream ^[25]	Almond, aloe vera etc.
13	Betr.zinc + ^[26]	GZen-Zinc, chamomile, blueberry
14	Surakta syrup ^[27]	<i>Anantamula, Haritaki, Aragwadha</i> etc.
15	Pimple clear cream ^[28]	Aloe vera, <i>Shalmali</i> , five leaved chaste tree
16	Aclear capsule ^[12]	<i>Shatavari, Katuki, Guggulu</i>
17	Acno capsule ^[12]	<i>Swarna Gairika, Rasa manikya, Gandhaka Rasayana</i> etc.
18	Acnovin cream ^[12]	<i>Kumkumadi Taila, Pushpanjana, Haridra, Palasha, Sariva, Samudraphena</i> etc.
19	Acnovin capsule ^[12]	<i>Rasanjana, Manjishta, Amlaki, Sonamukhi</i>
20	Hemocleen ^[12]	<i>Khadira, Aragwada, Katuka, Nimba</i>
21	Marvi ^[12]	<i>Kutaja, Amalaki, Vidanga, Shunti</i> etc.

22	Parolep powder [12]	<i>Nimba, Lodra, Haridra, Daruharidra etc.</i>
23	Pimplor powder [12]	<i>Arjuna, Manjishta, Nimba, Jambu etc.</i>
24	Pimple touch gel [12]	<i>Daru Haridra, Vacha, Kumari, Khadira etc.</i>
25	Purim tablet [12]	<i>Haridra, Aragwada, Bakuchi, Kushta etc.</i>
26	Rakatansoo tablet [12]	<i>Amalaki, Rakta Chandana, Nimba etc.</i>
27	Sangpure liquid & tablet [12]	<i>Majishta, Khadira, Nimba, Vidanga etc.</i>
28	Shodhan syrup [12]	<i>Manjishta, Triphala, Daru Haridra, Nimba, Maha Majishtadi Kwatha etc.</i>
29	Visora capsule [12]	<i>Haridra, Bakuchi, Bringaraja, Nimba etc.</i>

DISCUSSION

Classical references show that various measures like shows *Shamana* and *Shodhana* line of managements. *Gritas, Tailas, Lepas* etc. are mentioned for *Shamana* line of management. Treatment modalities like *Nasya, Vamana, Siravyadha* etc are mentioned for *Shodhana* line of management.

Acharya Vagbhata has mentioned that first *Lepa yogas* have to be tried, if it does not get subsided, one has to go for *Shodhana* like *Vamana, Nasya*. If then also it does not get subsided, then one has to go for *Siravyadha* from *Lalatta* region (forehead). *Shodhana* procedures like *Vamana, Nasya, Siravyadha* has its own significance. All *Jatrurdwa Vikaras* can be better treated with *Vamana, Nasya, Siravyadha* etc procedure. As *Mukha dushika* is *Kapha Pradana Vyadi* and *Jatrurdwa Vikaras* we can opt these methods for better result.^[29]

In *Bhava Prakasha* the thickness of *Lepa* is clearly mentioned. For *Samanya, Madyama* and *Uttama Matra* the thickness of *Lepa* should be $\frac{1}{4}$, $\frac{1}{3}$, and $\frac{1}{2}$ *Angula Pramana*. *Lepa* should be removed once it starts drying. The drugs used for *Lepa* can also be utilised for *Vamana*.^[30] The *Lepa* with drugs like *Dhanyaka, Lodhra, Vacha* has been mentioned in almost all classical books. Therefore, this yoga can be considered as the first drug of choice for *Mukha dushika*. Almost all drugs which are mentioned for treatment of *Mukha dushika* are having similar properties like *Tikta, Kashaya Rasa*, which can balance *Kapha* and *Pitta Doshas*. These drugs also have *Kandugna, Kushtagna, Twachya* properties too which proves that these formulations better yield in the treatment of *Mukha dushika*. In literature it is not mentioned regarding the vitiation of *Pitta Dosh* aggravates the disease instead it is mentioned that *Rakta* vitiation along with *Kapha* and *Vata* causes *Mukha dushika*. The *Ashraya Ashrayi Sambhanda* of *Rakta* and *Pitta* give further clarity here.

Few *Rasoushadhis* like *Shankha Bhasma, Sudha Parpati, Manasila, Shilajatu, Rasasindhura* are also mentioned in classics. These medicines are also having *Kandugna, Kushtagna, Twachya* properties. As these are *Rasoushadis*, with proper purificatory process it

can be better utilised for the management of *Mukha dushika*.

In many of the patent medicines it is noticed that *Shankha Bhasma* is one of the most common ingredients. The rationality behind selection of *Shankha Bhasma* maybe it is clearly mentioned in the *Phala Sruthi*.^[31] Also, *Shankha* is the only marine source which is rich in calcium. The role of calcium in the skin health is very much necessary. Research has shown that the endoplasmic reticulum (ER), an intracellular Ca²⁺ store, is crucial in forming the epidermal calcium gradient. The ER's calcium homeostasis regulates keratinocyte differentiation, Intercellular junction formation, antimicrobial barrier function, permeability barrier homeostasis. In essence, the ER's calcium regulation is essential for maintaining healthy skin functions and preventing skin disorders.^[32]

Its treatment modalities are very well explained in classical books. The proper *Yukthi* of *Vaidhya* makes better selection of drugs and to treat *Mukha dushika*. Hence, these enlisted formulations better ease a physician in drug selection. By proper care and hygiene, we can cure *Mukha dushika* without any adverse effect.

CONCLUSION

Mukha dushika is the disease which harms the beauty of the skin. The site and period of occurrence of the disease is face and adolescent age. *Mukha dushika* may be a *Kshudra roga* (minor skin ailment) but a big problem in beauty conscious adolescent population. Though there is no much detailed description of *Mukha dushika* in classics. *Lepa* has its significance in the treatment of *Kshudra rogas*. It was observed that different *Lepas* along with internal medicine and *Shodhana karma* are effective in the management of *Mukha dushika*.

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